2:Lewis E-5 (1943-1948)1951 NU37 Tepoztlan NU37

tudes toward sex and sexuality. Most of the attitudes toward sex are negative and prudish and, at least superficially, in accord with Catholic tradition.

Women have a negative attitude toward bearing children. They try to keep the number of pregnancies to a minimum by long nursing and by abstaining from sexual intercourse. Pregnancy is commonly described as "being ill with child," and pregnant women are embarrassed by their condition and make every attempt to conceal it. There is an absence of sexual play between husbands and wives; many women refer to the sex act as "the abuse by the man," and the genitals are generally considered ugly or dirty. There is a widespread belief among adolescent girls that sexual intercourse is painful. Open courtship is not sanctioned, and girls are severely punished for having any relations with boys. The existence of the double standard and the greater personal freedom of boys and men tend to encourage male sexuality. Romantic love, as we conceive it, is practically unknown; romantic attachments are relatively superficial and easily made and broken. Courtship is an intriguing, exciting pastime but it is always cautious, seldom impulsive or passionate.

It cannot be said, however, that Tepoztecans are puritanical, nor are they burdened with feelings of guilt or concepts of sexuality as something sinful.[4] Rather, Tepoztecans place greater value upon sexual restraint than upon sexual activity; just as they do not encourage emotional expressiveness, so do they not encourage active sexuality. Adult sexual activity is discouraged, not so much for reasons of morality but for practical reasons of safety. Parents fear that a young son may make an undesirable attachment with a widow or a dangerous attachment with a married woman, or he may be bewitched by a jealous sweetheart; they fear even more strongly that their daughter will lose her good reputation and the chance of a respectable marriage. Women are generally reluctant to have sexual relations, because of unwanted pregnancies; men discourage sexuality in their wives for fear of being humiliated by the wife's unfaithfulness; wives fear the loss of income and the poor treatment which inevitably attend their husband's extramarital alliances.

While there is much gossip, there is no ostracism or public denouncement or persecution of those who are guilty of sexual indiscretion. The couple living in free union is unmolested, the promiscuous widow maintains her usual relations with neighbors and kin, the illegitimate child is given a similar if not entirely equal position in his mother's household and may receive aid and inheritance

---

[4] The relative absence of guilt feelings can also be seen in the reactions to stealing and drinking. Drinking is not considered bad in itself, but may be criticized because it takes a man away from his work and takes money which may be sorely needed for other purposes. Stealing is quite frequent and may be severely punished, but it is detection rather than the act itself which is disturbing. In case histories, informants frequently refer to little stealing episodes without any manifestation of remorse or guilt, but emphasize how ashamed they were when discovered. Men do not appear to have guilt in promiscuous sexual relations with women or in deceiving young girls. Rather, they are proud of these feats and consider any conquest to their credit. There is also practically no sense of moral responsibility toward children born out of wedlock.

2:Lewis E-5 (1943-1948) 1951 NU37 Tepoztlan NU37

from his father. A man who fathers children with many women is placed under no social pressure to support his offspring or to marry the mother of any of them. Even in the case of a daughter's elopement, an act made worse by its rebellious flouting of parental authority, forgiveness is usually forthcoming after a lapse of time.

Sexuality is discouraged from childhood on; sex is a taboo subject within the home. Infant sexuality, masturbation, and sexual play among children, as well as curiosity concerning the bodily functions, is forbidden and punished. It is one of the more important obligations of the parent to keep their children "innocent," or, as they say, "to keep their eyes from being opened." The separation of the sexes for work and play begins from about age seven to ten and is strictly enforced at puberty. Coeducation in the school violated this basic attitude and was bitterly opposed by parents. Girls are unprepared for menstruation, which comes as a shock to most of them; girls will rarely confide in their mothers about menstruation or other intimate subjects.

In most inter-personal situations, Tepoztecans do not express affection in a demonstrative fashion and generally avoid bodily contact. Perhaps the major exception to this occurs in the mother-child relationship during the nursing period, when the child is held, fondled, and sometimes kissed. In courtship there is an increasing amount of demonstrativeness and physical contact, but kissing is still not customary.

Tepoztecans learned the Spanish custom of kissing the hand of the priest and of parents and godparents, but it never came easily to them and is now disappearing. The shaking of hands in greeting and departure and the typical Mexican double embrace are not generally practised in Tepoztlán and occur only among politicians and some of the more citified families. When Tepoztecans are drunk, this restraint is frequently relaxed, and male companions will walk arm in arm, and men may hug and even kiss their children and wives in the privacy of their homes.

It must be apparent from the preceding pages that Tepoztecans are not, on the whole, a very affectionate people and that means of expressing affection are limited. Normally, the Tepoztecan shows his affection for his children by hard work, good habits, and by providing them with the necessities of life; the child expresses his affection for his parents by obedience, respect, and diligence. Other inter-personal relations reveal good will or affection in so far as they fulfill the required reciprocal behavior. If these formal or practical qualities exist between people, Tepoztecans consider that they have a satisfactory relation with each other, and little else is demanded.

Between parents and children there is now a noticeable tendency, particularly among the younger generation, to express affection and to seek it in terms of greater demonstration of personal interest in each other, in their wants and needs and general welfare over and above life's bare necessities. This interest may be expressed by greater giving of food, clothing, toys, sweets, gifts, and now, by a willingness to make sacrifices for an education. Tepoztecans, particularly men,

2:Lewis E-5 (1943-1948)1951 NU37 Tepoztlan NU37

593 done by the time the husband comes home, or if the children and animals look
837 neglected, he may suspect her of having spent time with a lover. In one case, a husband noticed that the family cat ate ravenously at night as though she had not been fed all day, and he accused his wife of having been out with someone. If a wife is unusually careful about her appearance before going out, or if she is reluctant to have sexual intercourse, her husband's suspicions may be aroused.

The following conversation, or rather monologue, overheard on the Tepoztlán bus illustrates the degree of suspiciousness of the Tepoztecan husband. One woman was telling another of her difficulties with her husband whenever she returned from a trip to Cuernavaca: "If I return annoyed, he says, 'You are annoyed to have to come back to me.' If I come back contented, it is worse. Then he says, 'Now you are happy. Now you are satisfied because you saw the one you wanted to see.' It seems that I have to have a face of wood when I enter my house."

Husbands generally become less suspicious after several years of marriage, if the behavior of the wife warrants it. However, as the children get older and can assist the mother at home, and as the needs of the growing family increase, women frequently wish to devote more time to earning money. For this they need freedom
[484] and must leave the house more often, and tension and suspicion in the husband are again awakened. Men are most secure when their wives are pregnant or have
[842] an infant to care for; then women keep to the house more and are unable to undertake outside activities. Having many children, one following close upon the other, is a source of security for the men.

Promiscuous sexual activity is considered a male prerogative in Tepoztlán, and men feel under pressure to have "affairs." Although male adultery is considered undesirable, it is also viewed as natural behavior and is widespread on the part of married men. Men make no secret of the fact that they have children by other women and often recognize these children as their own. There is no strong feeling
[848] or prejudice against illegitimate children; rather they are pitied, because "they don't have a father."

[589] Illicit relations are usually with widows or unmarried women, but also frequently
[548] with other married women. Many men now go to Cuernavaca where they visit
[164] houses of prostitution, and venereal disease is becoming more common in Tepoztlán.

The "good" wife does not interfere with her husband's extra-marital affairs, but
[578] many wives express resentment, especially if money is involved. Some women will openly quarrel with their husbands because of jealousy and may refuse to give them money. This type of interference particularly enrages husbands and often results in a beating.

273 Drunkenness is not as common in Tepoztlán as in surrounding villages or other
593 parts of Mexico and is more disapproved of. Most men drink a small amount of
[733] alcohol regularly in the evening, "to heat themselves" against the cold air of the fields, but extensive drinking is limited to Sundays, fiestas, or formal occasions. Most wives resent drunkenness, because of the probability of violence and the expenditure

2:Lewis E-5 (1943-1948)1951 NU37 Tepoztlan NU37

593 857 [872] [594] [581] home. However, the majority of girls leave school after the third grade, or at eleven years of age. An occasional mother identifies with the daughter and expresses her own ambitions for schooling by allowing the girl to complete the elementary school course.

When a girl is at home, she is at the complete disposal of her mother. The mother is in a position to exploit the daughter and frequently does, especially the eldest daughter. Many girls marry to escape the hard work at home, and some of our case histories reveal the resentment daughters sometimes hold in retrospect toward their mothers. The following was told by a woman forty years of age:

> My mother was a widow. When I was nine we went to Tacubaya because it was the time of the Revolution. My mother borrowed three pesos and made *atole* and *tacos* and sold them. She did well the first year. Then she made meals for 190 factory workers. I made tortillas when I wasn't going to school. I went to school for four years and each morning I got up at 5:00 A.M. and ground corn, and made coffee for my mother, brothers, and sister. I never ate breakfast before school for lack of time. I also made the tortillas for the family for lunch and supper. My mother hired three women and a boy to help her at her work, and she made a lot of money. After four years she took us back to Tepoztlán because she didn't want us to grow up perverse. Then my three older brothers became teamsters and left the house at 4:00 or 5:00 A.M. every day. I had to get up at 1:00 A.M. to grind and make tortillas and *tacos* for them. After they left, I swept the patio and garden and fed the pigs and chickens. Then I made tortillas for my mother, grandmother, and sister. After breakfast I had to grind corn for the two or three pigs we always had and then again for the evening meal. I cut and sewed the clothes, washed and ironed, and did all the work of the house when I was fourteen. I also milked the cows. My mother was always a merchant. Since I was such a hard worker they began to ask for my hand but my mother and brothers did not want me to marry. I, poor thing, loved my mother and didn't understand how mean she was. She didn't love me because she made me work so hard when she had enough money to hire a maid. I took care of my mother, but when I was twenty I was fed up with it and eloped with my *novio*.

593 584 The mother is usually the daughter's chaperone when attending fiestas or when visiting. It is the mother's obligation to guard all grown daughters from having contact with boys. If she fails in this the mother will be subject to the father's anger. Many mothers complain that the necessity to "spy" on their daughters is a heavy burden. A mother who must leave her fifteen-year-old daughter at home with the little ones while she goes to the plaza is anxious over the possibility that the girl will speak to a boy in her absence. If the mother learns that her daughter has a *novio*, it is common for her to beat the girl without the father's knowledge and to keep the matter a secret. Although most mothers are harsh in their treatment of [848] a daughter who becomes pregnant before marriage, they are less so than the fathers and tend to be more forgiving.

593 864 Respect relations between mother and daughter require an avoidance of intimate subjects. Mothers do not customarily prepare their daughters for menstruation or discuss the body or any aspect of sexual relations. And girls do not inform their

2;Lewis E-5 (1943-1948)1951 NU37 Tepoztlan NU37

842 prevent the reappearance of menstruation for as long as two years. According to
846 them, the ideal length of time to abstain is one year. Some women boast that they abstain for two years, and grandmothers say that in the old days women were not "molested" by their husbands for as much as three years, and that children were often born four and five years apart.

833 Today women complain that their husbands do not wait long enough and force
846 their wives to resume intercourse after six months, some even sooner. Generally it is the husband who is blamed for the early resumption of intercourse, but it is recognized that some women are *calientes* and lack self-control. Such women are
[853] considered selfish because they are often *añeras*, women who have babies every
[621] year, and endanger the life of the child, who must be weaned too soon. *Añeras* are subject to much gossip, but they are relatively rare. Most women are glad to avoid sexual intercourse, which is frequently referred to as *abuso de hombre*, male abuse.

The following expresses the attitudes of many women, "My grandmother told me to guard myself from men for they are the danger. I don't protect myself from work. The thing I am afraid of is the man. My husband respects me and doesn't insist even when he is drunk. That is why I am never pregnant when I am raising little ones." The majority of husbands refuse to abstain as long as the wives wish them to, and many men use the threat of taking a sweetheart to get their wives to comply. The wife who is not jealous is fortunate, because then her husband can leave her alone for a long time. Those wives who are jealous "give in" to their husbands to keep them from going to other women and may resume intercourse in as little as two or three months. It is one of the obligations of the mother-in-law to warn her son not to "molest" his wife and to urge the daughter-in-law not to be jealous. However, it takes money to have a sweetheart or to go to prostitutes. More often the poor couple will resume intercourse sooner than others.

The extended rest of the new mother also allegedly prevents backaches, illness,
846 and ugly skin discolorations (*paño*) on the mother's face and protects the baby's
[853] supply of milk. Thus, the good husband and father owes it to his wife and child not
[357] only to abstain from sexual relations, but also to hire a servant for two or three months. Many husbands are unable to do either. If a woman's skin remains clear of *paño* and wrinkles, it is said that "her husband has been good to her" and that "she knew how to take care of herself." When the couple lives with the husband's parents
[606] it is one of the more important obligations of the husband's mother to see that her daughter-in-law receives the proper postnatal care. Normally, a woman, who is married under both civil and religious law and who has had the blessings of both sets of parents, can expect to receive the required care. Because of the expense in-
[735] volved, a poor woman is not always certain of getting the maximum amount of rest and attention, but women of more means are always assured of it. Even among very poor families, if other conditions are favorable, women are well cared for after
[848] giving birth. This is not true for unmarried mothers, abandoned mothers, poor
[588] women without close relatives, women living in free unions or married only under civil law, mothers of very large families, and other special cases.

2;Lewis E-5 (1943-1948) 1951 NU37 Tepoztlan NU37

After the birth of the child, the mother is visited by the midwife every day for eight days, to be massaged and rebound. The massaging of the abdomen is considered important because it encourages the flow of blood and "cleanses" the mother internally. The appearance of clots of blood in the flow is taken to be evidence of the need for massaging. It is believed that if the mother does not receive massages, her abdomen will continue to protrude. The midwife also bathes the baby daily during her visits. The day after the birth of the child, close relatives usually come with jars of suitable food for the mother. A week or two later, aunts, uncles, and cousins may come bringing food for the mother and perhaps soap for the baby. In some families, because of ill feeling between in-laws, one side of the family may stay away. If the new mother has not been properly married or is not approved, she may receive no visits from her husband's or her own family. One young woman from a small outlying village, who had recently married into the village of Tepoztlán, received no visits from her husband's family at the birth of her first child; they regarded her as an outsider and disapproved of the marriage. Many women remain resentful for years at relatives who do not visit them at this time.

The mother is expected to stay in bed for from thirty to forty days. Those who cannot do this stay in bed for at least fifteen days; anything less is considered gross neglect. During this period the mother is urged to lie quietly on one side with her legs close together and her knees bent. Once or twice a day her husband or mother-in-law turns her over on her other side. Some women do not lift their heads at first but drink through a straw. During the first eight days, a new mother should remain behind the curtain because she is in a "delicate" state. She is not to be visited by anyone who has been to a wake or funeral because that visitor may carry a *mal humor* which causes "cancer" in menstruating women.

The *temascal*, which is still widely used even by those women who go to doctors, is usually given after eight days, though some midwives give it after fifteen days. (See Fig. 53.) Most women do not take their first *temascal* until after bleeding has stopped. Before the *temascal*, the mother, midwife, and other women of the house may also bathe and eat *clemole*—a dish made of chicken or beef, with the bone cooked in washed, ground chile *pasilla*—and a piece of *epazote*. The mother eats only the meat, for the chile sauce is "cold" and bad for her. She eats at this time to give her strength for the ordeal of the *temascal*, for some women faint or vomit from the extreme heat. Unmarried mothers sometimes do not use the *temascal* but bathe at home after twenty days in bed. A few younger women do not like the heat of the *temascal* and bathe in warm water in which some rosemary has been boiled. On the day of the *temascal*, the midwife, for the first and only time, must limit her diet to what the mother eats. A fire is made in the *temascal*, and a large can of hot water is placed there. Leaves of white *zapote* are placed on the floor, and a small bundle of these leaves are tied together to form a brush.

The mother is well wrapped and is traditionally carried to the *temascal* on the

2:Lewis E-5 (1943-1948)1951 NU37 Tepoztlan NU37

751 854 bag of chile seed as protection from other diseases. Babies in all families wear little caps for seven months to protect them from *los aires* or, as the more modern mothers say, from cold drafts.

753 854 Anyone coming in from the street must "cool" for awhile before going to see the baby because they may be "hot" and make the child ill. If the father of the child has committed adultery and then comes home "hot," he must be particularly careful to "cool," lest he give the child an eye inflammation. Sometimes jealous wives will accuse adulterous husbands of selfishness on the ground that they are endangering the infant's health. Children are rarely taken into the street during the first four months, or until their caps are removed, for fear of *los aires*. More modern families take their children out earlier.

[774] Every child is believed to have a *tonal* or *sombra*, something akin to a guardian spirit which protects him from illness. A weak child has a weak *tonal;* a robust child has a powerful *tonal*. A child's illness is sometimes attributed to the fact that his *tonal* has left his body and must be called back if he is to be cured. In such cases [155] of spirit-loss, a special *curandero* is called in to "lay the shadow." Incense is burned while the *curandero* cures the child.

851 608 [848] Babies are usually baptized within the first week after birth. An infant who is expected to die is baptized on the same day, otherwise most parents prefer the third day. Children born out of wedlock or under abnormal circumstances may not be baptized until many months or even one or two years later. Godparents of baptism are selected before the birth of the child. While the couple is young, their parents, generally the husband's parents, select the godparents, who are usually though not necessarily a married couple. Later, the husband alone makes the selection. The husband's mother or some older woman in the family goes to the house of the prospective godfather and makes the formal request, "Would you be so kind as to take a child to be baptized?" If the answer is in the affirmative she thanks them and says that she will return to let them know when the baptism will be. Sometimes the person refuses the request, pleading that he is too old or ill or cannot undertake new obligations, in which case he may suggest the name of a relative.[1] When the grandmother making the request returns, she carries two branches of white flowers and two four-ounce candles. On the day of the baptism, the child, his father, and grandmother meet the godparents inside the church. The godmother holds the child during the baptism and pays the priest's fee, which is from five to ten pesos. At the door of the church the godparents distribute small coins to all the children who happen to be gathered there, and every one returns to his respective home. On the following day the child's family brings a gift usually consisting of bread, sugar, chocolate, and milk to the godparents.

[1] Theoretically, an invitation to become godparent is a high token of esteem and respect, and the acceptance of it creates a deep obligation. However, it is an honor which is frequently rejected. There are many stories of parents choosing a godfather for selfish motives. For example, many parents are said to seek a childless couple who have some property, in the hope that their child will inherit it at the death of the godparents.

2:Lewis E-5 (1943-1948) 1951 NU37 Tepoztlan NU37

Some Tepoztecans now have borrowed the customs of the city by having separate godparents for the giving of the hands (*padrino de mano*) and another pair of godparents for the nuptial Mass (*velación*), but most couples still follow the older custom of having only one set of godparents. In a few cases of highly acculturated families, the bride has a car waiting at the entrance of the church and the couple ride off for their honeymoon. Some informants expressed the opinion that the time is not far off when this custom will be widespread in Tepoztlán.

After the ceremony it is customary for the couple and the friends and relatives to return to the home of the *padrinos* where refreshments are served, and where the couple again receive marital advice from the godparents. At about noon the couple go to the groom's house. In the old days, it was usual for the couple to carry burning incense over the threshold, and I have seen this tradition carried out on two occasions. A dinner is given with *mole poblano* as the main dish. Many drinks are served, with beer taking the place of *ponche* in the more acculturated homes. After the festivities are over, the guests go home and the couple remain. Most couples do not sleep alone the first or subsequent nights because of crowded living conditions.

Church weddings are becoming increasingly costly, ranging from 300 to 1,000 pesos. Young people of both sexes look forward to having a fine church wedding. If the boy's parents approve of the girl, they will make a fine wedding, even if it means selling their animals or pawning their house. As one informant put it, "I exchanged my cows for a daughter-in-law." If parents are not willing or able to provide a suitable wedding, their son sometimes works and saves to do so himself. Saving for a wedding is much more common than saving to buy a team of oxen, a house, or something which will improve the boy's economic situation. The majority of Tepoztecan couples begin married life with little except their clothing and the satisfaction of having had a nice wedding.

BY FREE UNION

When a man and woman live together as husband and wife without either civil or church marriage, it is referred to as a free union (*unión libre*). The more acculturated Tepoztecans no longer regard this as a form of marriage. But there are many couples who have been living in free union for many years, and they are regarded as husband and wife by all concerned. The children of such marriages, if the parents record their birth in the local registry, have equal rights with other children in cases of legal disputes concerning property. During the days of the Revolution, when priests were unavailable and life was precarious, many people joined in free unions. But the existence of *uniones libres* cannot be explained simply as a phenomenon of the Revolution. Of the fifteen per cent of the couples living in free union in the village in 1940, about half of them were fairly young people, indicating that this type of marriage is not entirely going out.

An analysis of the free unions in the village reveals that the great number were second marriages for one or both of the spouses. In most cases the previous spouse